

Herb-Crusted Pork Cutlets

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/portuguese-pork-cutlets-recipe>

Ingredients:

- 6 pork cutlets thinly sliced
- ground black pepper
- salt
- 1 cup all-purpose flour
- 2 eggs lightly beaten
- 2 cups panko bread crumbs
- 4 tablespoons chopped fresh herbs such as thyme, rosemary, tarragon, sage or oregano
- 3 tablespoons grated Parmesan cheese
- 1/4 cup olive oil
- flaky sea salt for finishing

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 130 milligrams
4. Fat: 17 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 4 grams
8. Sodium: 390 milligrams
9. Sugar: 1 grams

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